

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

APRIL 2017

Skillet Lasagna Pulled Pork Chicken Pot Pie Breakfast Burritos Berry Bread Pudding

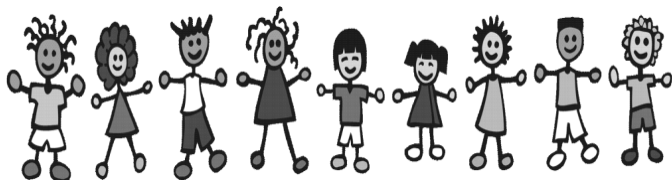
Skillet Lasagna

1 pound lean ground beef
1 small onion, chopped
¼ teaspoon garlic powder
1 can or jar (24 ounces) spaghetti sauce
3 cups egg noodles, uncooked
10 ounces frozen spinach, thawed
1 cup fat-free cottage cheese
½ cup shredded reduced-fat mozzarella cheese



1. In a large skillet, brown the ground beef. Drain and rinse any excess fat.
2. Add onion, garlic powder, and spaghetti sauce; bring to a simmer.
3. Add noodles; cover and simmer for 5 minutes.
4. Stir in spinach; cover and simmer for 5 minutes.
5. Stir mixture, spoon cottage cheese on top, and sprinkle with mozzarella cheese. Cover, reduce heat, and cook for an additional 10 minutes or until the noodles are tender.

Nutrition Note: This recipe makes 8 servings. Each serving has 300 calories, 11 grams of fat, 25 grams of protein, 26 grams of carbohydrates, and 690 milligrams of sodium.



Nutrient-Rich Super Snacks



Cottage Cheese and Fruit: Juice-packed canned fruit goes great with half cup of cottage cheese. Try pineapple, peaches, or pears.

Pulled Pork

1 small pork tenderloin (2 to 3 pounds)
1 packet dry onion soup mix
¾ cup water



1. Cut thawed tenderloin into three or more chunks.
2. Place all ingredients into a slow cooker. Cook on high for six hours. Pull apart meat with a fork after four to five hours.
3. Can be served on whole wheat buns or whole wheat tortillas with barbecue sauce.

Recipe Source: NDSU Extension Service, Cooking 101, Hot Tips about Food Storage, www.ag.ndsu.edu/food

Nutrition Note: This recipe makes 8 servings. Each serving has 150 calories, 4.5 grams of fat, 24 grams of protein, 2 grams of carbohydrates, and 210 milligrams of sodium.

Why breastfeed?



“Because of the nutritional benefits of breast milk as opposed to formula.”

~ WIC Breastfeeding Mom from Minot

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.

Chicken Pot Pie

1 cup diced cooked chicken
1 bag (16 ounces) frozen vegetables, thawed, any variety
1 can (10.5 ounces) reduced-fat condensed cream of chicken soup, low sodium preferred
1 cup baking mix (such as Bisquick)
½ cup fat-free or 1% milk
1 egg



1. Heat oven to 400 degrees.
2. Stir chicken, vegetables, and soup in an ungreased 2-quart casserole dish.
3. In a small bowl, stir the remaining ingredients until blended. Pour over chicken mixture.
4. Bake uncovered about 30 minutes to an internal temperature of 165 degrees using a food thermometer or until the crust is golden brown.

Recipe Source: NDSU Extension Service, www.ag.ndsu.edu/food

Nutrition Note: This recipe makes 6 servings. Each serving has 210 calories, 4 grams of fat, 14 grams of protein, 29 grams of carbohydrates, and 420 milligrams of sodium.

Breakfast Burritos

6 eggs

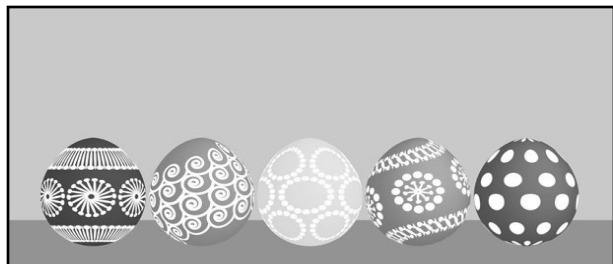
1 cup shredded reduced fat cheese, any flavor

Salt and pepper to taste

Options (use one or more of these): 4 ounces sausage or bacon, 1 cup diced ham, ½ cup chopped onions, ½ green pepper (chopped), ¾ cup chopped mushrooms, 1 cup hash brown potatoes, ½ cup salsa
8 whole-wheat tortillas

1. Beat eggs in a large bowl.
2. Add cheese, salt, and pepper. Stir.
3. Prepare any optional ingredients: Cook and crumble meat, sauté vegetables, and/or brown hash brown potatoes.
4. Combine optional ingredients with egg mixture.
5. Pour egg mixture into a large skillet (sprayed with nonstick cooking spray) and scramble over medium-high heat until eggs are cooked. Remove from heat.
6. Warm tortillas according to package directions so they are soft enough to roll.
7. Place several spoonful's of egg mixture along center of tortilla and roll up burrito-style. Wrap each burrito individually in waxed paper and place all wrapped burritos in a large freezer bag. Store in the freezer.
8. To serve: Place burrito in its waxed paper wrapping in the microwave and cook on the defrost setting for about 5 minutes, until hot.

Nutrition Note: This recipe makes 8 burritos. Each burrito has 250 calories, 10 grams of fat, 17 grams of protein, 24 grams of carbohydrates, and 510 milligrams of sodium.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children.

North Dakota Department of Health
600 E. Boulevard Avenue., Dept. 301
Bismarck, N.D. 58505-0200
800.472.2286, option 1

Turn Off the TV



Try this exercise sequence with your child: jump 13 times, hop 13 times, march 13 steps, and reach up high 13 times. Repeat as many times as you can.

Source: Head Start Body Start

Berry Bread Pudding

1½ cups unsweetened, frozen berries, thawed and undrained, or fresh blueberries, sliced strawberries, or raspberries

1 tablespoon sugar (optional)

½ teaspoon vanilla extract

4 or 5 slices whole wheat bread, crusts removed

4 tablespoons fat-free vanilla yogurt (optional)



1. In a small bowl, combine berries, sugar, and vanilla extract.
2. Spoon ¼ cup of the berry mixture to cover the bottom of a 2- or 3-cup deep dish.
3. Cover the berry mixture with a slice of bread.
4. Spoon ⅓ of the remaining berry mixture on top of the bread and cover with another layer of bread.
5. Repeat steps 3 and 4 twice, ending with a slice of bread.
6. Cover with plastic wrap and place a plate or bowl on top of the berry dish that fits just inside of it. Place a heavy object on top to press down on the fruit and bread layers.
7. Refrigerate overnight.
8. Serve with a tablespoon of fat-free or low-fat vanilla yogurt as a topping, if desired.

Nutrition Note: This recipe makes 4 servings. Each serving has 130 calories, 1.5 grams of fat, 5 grams of protein, 23 grams of carbohydrates, and 160 milligrams of sodium.

GROWING HAPPY FAMILIES



Make leftovers count.

When you plan your weekly menu, think about how you will use leftovers for that week. You can freeze leftovers like meatballs, soup, or pasta sauce for a future week. Then they'll be ready for you to reheat quickly for another meal.